FOOD

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Southwest Detroit Restaurant Week Is Here!

EL CENTRAL HISPANIC NEWS

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SPORTS

Page 10–
Detroit Pistons Starting Preseason !!!

La ciudad de Detroit presenta una demanda federal que cuestiona el censo de EE. UU.

Múltiples fuentes muestran que la Oficina del Censo pasó por alto a más de 20,000 residentes en la estimación del 2021, además de los que no fueron contabilizados durante el Censo de 2020.

El 20 de septiembre de 2022, la ciudad de Detroit presentó una demanda en el Tribunal de Distrito de los EE. UU. alegando que la estimación de la población de la Oficina del Censo de los EE. UU. para 2021 continúa reduciendo a la población de Detroit en decenas de miles de residentes y registrando pérdidas poblacionales, a pesar de numerosas fuentes de datos que muestran el crecimiento de la población de la ciudad. La demanda también demuestra que la Oficina violó sus propias políticas al cancelar unilateralmente su programa de impugnación, dejando a la ciudad sin ningún recurso disponible fuera de los tribunales. Además, la demanda expone que la Oficina también se negó a revisar la evidencia sobre un recuento insuficiente, proporcionada por la ciudad o compartir los métodos utilizados para llegar a su estimación; decisiones que le costarán a la Ciudad de Detroit millones de dólares en fondos federales.

La especialista en las asociaciones de la Oficina del Censo, Jane C García quien se encuentra ahora jubilada, apoya la acción legal que está tomando la ciudad. "Como hispanos, siempre nos dejan afuera", dijo. "Necesitamos asegurarnos de que las crecientes cifras, sean contadas completamente y que recibamos una representación justa en todos los niveles del gobierno; aquí en Detroit y en todo el país".

Continúa en la pág.3

City Files Federal Lawsuit Challenging US Census Count

Multiple data sources show Census Bureau missed more than 20,000 residents in 2021 estimate, on top of those missed during 2020 Census

On September 20, 2022, the City of Detroit filed a lawsuit in US District Court claiming the US Census Bureau's 2021 population estimate continues to short Detroit's population by tens of thousands of residents and register population losses, despite numerous data sources that show the city's population is growing. The suit also demonstrates the Bureau violated its own policies by unilaterally canceling its challenge program, leaving the city no available remedy outside the courts. Additionally, the complaint says the Bureau also refused to review any evidence of an undercount provided by the city or to share how it reached its estimate – decisions that will cost the City millions of dollars in federal funds.

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La Siguiente Pandemia

Por José López Zamorano

Con más de 177 millones de casos y 2.8 millones de fallecimientos, las Américas se convirtieron en el epicentro de la pandemia de COVID. Tal es la dramática conclusión de "Salud en las América", la publicación insignia de la Organización Panamericana de la Salud (OPS).

Ninguna región del continente, ni siquiera Norteamérica, quedó a salvo de las catastróficas consecuencias de la pandemia, especialmente entre las poblaciones más vulnerables, porque como ocurre casi siempre, existe un impacto desproporcionado que tiende a afectar a los más pobres, a las poblaciones de color.

La región concentró el 37% del total de casos de COVID-19 y el 45% del total de muertes a nivel global. Y aunque América del Norte registró el 55% de todos los casos en la región, el 62% del total de las muertes ocurrió en América Latina y el Caribe, de acuerdo con el reporte de la OPS.

Por ejemplo, a raíz de la pandemia se redujo en 2.9 años la esperanza de vida en América Latina y el Caribe, al pasar de 75,1 años en el 2019 a 72,2 en el 2021, según estimaciones de las Perspectivas de la Población Mundial 2022 de las Naciones Unidas. Aunque en menor número, la esperanza de vida también se redujo en América del Norte, donde ocurrió una reducción de 1.8 años.

"La caída en la esperanza de vida se puede revertir en la medida en que los países avancen con la vacunación contra la COVID-19, fortalezcan sus servicios de salud para brindar una atención para todos, y reduzcan las inequidades que inciden en la salud", afirmó Sebastián García Saiso, Director del Departamento de Evidencia e Inteligencia para la Acción en Salud de la OPS. "Esperamos que la publicación sirva a los tomadores de decisiones para asesorar políticas públicas que permitan retomar el progreso hacia una mejor salud para todos".

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SW Detroit
RESTAURANT WEEK
Friday, Sept. 30 - Sunday, Oct. 9, 2022
Viernes, 30 de Sept. al Domingo 9 de Oct. 2022
20+ participating restaurants. Each featuring a heritage dish
ONLY AVAILABLE for 10 days
20+ restaurantes que van a participar. Cada uno ofrecerá un platillo de herencia, SOLO DISPONIBLE esos 10 días
A variety of options, including vegan, vegetarian, pescatarian, halal, and GF
Variedad de opciones que incluirá comida vegana, vegetariana, pescataria, halal, y GF
CATCH US AT / ACOMPAÑANOS EN:
BATCH BREWING CO. FOR THE
INAUGURAL FOOD TRUCK RALLY
1400 Porter St, Detroit, MI 48216
Monday, October 3, 2022 | 4 pm - 10 pm
Lunes, 3 de octubre del 2022 | 4 pm - 10 pm
Boozy, non-alcoholic drinks, Cafecito Alvarez, and music will be available
Habra bebidas alcohólicas y sin alcohól, Cafecito Alvarez, y musica disponible
SCAN FOR ALL DETAILS
TODOS LOS DETALLES AQUÍ
FOLLOW US & TAG YOUR ADVENTURES
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EL CENTRAL at the 2022 Michigan Renaissance Festival

The 2022 Michigan Renaissance Festival is winding down, this weekend (Friday through Sunday), with Festival Friday, and Sweet Endings. .
If you want some laughs when visiting the Festival, make sure you visit: Rouge Blades show and also Manolete The Pyro Gyro Show!, along with the live Jousting

Photos below are highlights from the Rogue Blade Show, Manolete The Pyro Gyro Show, Jousting

Articles and photos by:
Fernando/ EL CENTRAL

Rogue Blades show entertain crowd, before they select a volunteer from the crowd

Manolete prepares to hit a feather of the pole, a volunteer from the crowd is holding

Live jousting during the Renaissance Festival

Knight prepares to being his run during the live Jousting

Jousing helpers, entertain crowd before the jousting begins

START THE VOTING PROCESS NOW

FOR THE NOVEMBER 8 ELECTION

REGISTER TO VOTE!

- Register to vote online or by mail through October 24. Complete or download an application at mi.gov/vote
- Starting October 25 **through 8:00 p.m. on Election Day** register to vote at your city or township clerk's office
- It only takes two minutes, register today!

REQUEST YOUR ABSENTEE BALLOT!

- Online NOW at mi.gov/vote
- By MAIL by printing an application from mi.gov/vote
- By calling or visiting your city or township clerk's office

YOUR COMMUNITY IS DEPENDING ON YOU TO VOTE THIS ELECTION.
LEARN MORE ABOUT YOUR VOTING RIGHTS AT MichiganVoting.org

INICIA EL PROCESO DE VOTACIÓN AHORA

PARA LAS ELECCIONES DEL 8 DE NOVIEMBRE 2022

¡REGISTRATE PARA VOTAR!

- Regístrate para votar en línea o por correo hasta el 24 de octubre. Completa o descarga lasolicitud en: mi.gov/vote
- A partir del 25 de octubre hasta las 8:00 p.m. del día de las elecciones, regístrate para votar en la oficina del secretario municipal de tu ciudad o municipio
- ¡Regístrate HOY! Solamente le tomara dos minutos

HAY TRES FORMAS DE SOLICITAR TU PAPELETA PARA VOTAR EN AUSENCIA:

- En línea AHORA en: mi.gov/vote
- Por CORREO: imprime la solicitud en mi.gov/vote, complétala y envíala por correo
- Llama o visita la oficina del secretario municipal de tu ciudad o municipio

LA COMUNIDAD ESTÁ CONTANDO CON TU VOTO EN ESTAS ELECCIONES.
CONOCE MÁS SOBRE TU DERECHO AL VOTO EN:
MichiganVoting.org/**spanishresources**

El Censo de EE. UU.

Vicky Kovari outlines the City of Detroit's Census 2020 outreach strategy

Con't de pg. 1

La queja de la Ciudad se enfoca específicamente en la estimación del año 2021 de la Oficina del Censo, que está basada en el censo decenal del 2020 que la Ciudad también ha cuestionado.

La estimación más reciente para 2021, publicada en mayo de este año, mostró una pérdida adicional de más de 7,000 residentes, a pesar de una creciente escasez de viviendas en la ciudad.

"La Oficina del Censo usó una fórmula para hacer la estimación de la población de Detroit, que mostró que la ciudad ha perdido a más de 7,000 personas desde hace un año", dijo el alcalde Duggan. "Cualquier fórmula que afirme que la ciudad está perdiendo población, desafía los hechos y el sentido común, dadas las miles de viviendas recién construidas y renovadas de la ciudad, así como los aumentos en las conexiones residenciales de servicios públicos. Una actividad inmobiliaria como esta no sucede cuando hay más personas dejando la ciudad, que las que llegan a vivir en ella".

Para poder comprender de manera completa y efectiva cómo la Oficina del Censo determinó la estimación de la población, la Ciudad le pide a la corte que obligue a la Oficina a compartir su fórmula, que según el alcalde revelará sus fallas.

Los registros de servicios públicos muestran un aumento de la población

Contrariamente a la estimación de la Oficina del Censo, la evidencia recopilada por la Ciudad, incluidos los registros de entrega del Servicio Postal de EE. UU., los datos de las cuentas residenciales de DTE Energy, los registros del Departamento de Agua y Alcantarillado de Detroit y los datos de ocupación de la Autoridad del Banco de Tierras de Detroit, muestran de manera conservadora que Detroit ganó decenas de miles de residentes entre el censo de 2020 y la estimación de 2021. Entonces, mientras una agencia federal afirma que Detroit perdió población, otra está entregando correo a más direcciones, DTE está brindando energía a más habitantes de Detroit y DWSD está atendiendo a más cuentas, pero la Oficina del Censo se niega a considerar esta evidencia.

La Oficina del Censo está violando sus propias reglas

La Oficina del Censo tiene un procedimiento administrativo para permitir que las ciudades cuestionen los errores en las estimaciones anuales de la población. Pero sin previo aviso, la Oficina simplemente anunció en su sitio web que el programa de impugnación se canceló para el 2022 y no se reanudaría hasta el 2023. Cuando la Ciudad solicitó los cálculos subyacentes a la estimación del 2021 (primer paso en el proceso de impugnación), se denegó en cuestión de horas, dejando a Detroit incapaz de arreglar administrativamente el conteo insuficiente del 2021.

En su demanda, la Ciudad explica que la Oficina del Censo violó la ley administrativa federal al no cumplir con su propia regla oficial que permite hacer objeciones en las estimaciones anuales y adoptar efectivamente una regla "no oficial" sin aporte público que suspende el programa de impugnación hasta el 2023.

"El hecho de que la Oficina del Censo no siguió las reglas de su propio programa y la evidencia concluyente de que la población de Detroit aumentó entre 2020 y 2021 proporciona una justificación clara para que un tribunal ordene a la Oficina, que corrija el conteo insuficiente de 2021 para que los habitantes de Detroit puedan obtener una parte justa de los fondos federales", dijo el abogado corporativo de Detroit, Conrad Mallett.

La Oficina del Censo ha reconocido un conteo insuficiente de afroamericanos e hispanos a nivel nacional

La Oficina del Censo de EE. UU. reconoció públicamente que el censo de 2020 subestimó la población negra del país en un 3,30 % y la población hispana en un 4,99 %. En Detroit, con una población negra e hispana combinada de más del 84%, eso equivale a un conteo insuficiente de más de 20,000 habitantes. A pesar de eso, en la estimación de la ciudad del 2021 publicada en mayo de 2022, en lugar de corregir este error admitido, la Oficina redujo la población en 7,150 personas adicionales.

"Los recuentos insuficientes del censo tienen consecuencias alarmantes en el mundo real, que privan a ciudades como Detroit de la parte justa de fondos críticos para escuelas, hospitales, viviendas asequibles y más", dijo la representante estadounidense Brenda L. Lawrence (MI-14). "Si el censo no es preciso, entonces las cifras de la población anual, que se transforman en cientos de miles de millones de dólares en ayuda federal a las comunidades y las familias, tampoco lo son", agregó la representante Lawrence. "Las ciudades deben tener una forma válida de cuestionar las estimaciones anuales". Es por eso que, como vicepresidente del Comité de Asignaciones de la Cámara, avancé con éxito en el escrito relacionado con el proyecto de ley de financiación de la Oficina del Censo para el próximo año fiscal, que ordena a la oficina a ampliar el alcance del Programa de Desafío de Estimaciones de Población, para que las ciudades de todo el país tengan una oportunidad real de mejorar la precisión de los números anuales. Agradezco al alcalde Duggan por su liderazgo y esfuerzos por encontrar una solución al conteo insuficiente. Somos Detroit y no nos vamos a quedar al margen. Nos pondremos de pie y lucharemos".

Traducción: Carmen Elena Luna

US Census

Con't from pg. 1

Former Partnership Specialist at the U.S. Census Bureau, now retired, Jane C Garcia supports the City's legal action. "As Hispanics, we're always left out" she said. "We need to ensure that our growing numbers are fully counted and that we receive fair representation at all levels of government, here in Detroit and around the country."

The City's complaint focuses specifically on the Census Bureau's 2021 estimate, which is based upon the 2020 decennial census that the City also has been challenging. The newer 2021 estimate, released in May of this year, showed an additional loss of more than 7,000 more residents, despite a growing housing crunch in the city.

"The Census Bureau used a formula to estimate Detroit's population that showed the city losing more than 7,000 residents from just one year prior," said Mayor Duggan. "Any formula claiming the city is still losing population defies facts and common sense, given the thousands of newly constructed and renovated housing units in the city, as well as increases in residential utility connections. Activity like this does not happen when more people are leaving the city than moving in."

To be able to fully and effectively understand how the Census Bureau determined its population estimate, the City is asking the court to compel the Bureau to share its formula, which the Mayor says will reveal its failings.

Utility records show population increase

Contrary to the Census Bureau's estimate, evidence compiled by the City—including U.S. Postal Service delivery records, DTE Energy residential account data, Detroit Water and Sewerage Department records, and Detroit Land Bank Authority occupancy data—conservatively shows that Detroit gained tens of thousands of residents between the 2020 Census and the 2021 estimate. So, while one federal agency claims that Detroit lost population, another is delivering mail to more addresses, DTE is providing power to more Detroiters, and DWSD is servicing more accounts. The Bureau refuses to consider this evidence.

Census Bureau violating its own rules

The Census Bureau has an administrative procedure to allow cities to challenge errors in the annual population estimates. But without notice, the Bureau simply announced on its website that the challenge program is cancelled for 2022 and would not resume until 2023. When the City requested the calculations underlying the 2021 estimate (step one in the challenge process), it was denied within hours, leaving Detroit unable to administratively fix the 2021 undercount.

In its lawsuit, the City explains that the Census Bureau violated federal administrative law by failing to comply with its own official rule that allows challenges to annual estimates and effectively adopting an "unofficial" rule without public input suspending the challenge program until 2023.

"The Census Bureau's failure to follow its own program rules, and the conclusive evidence that Detroit's population rose from 2020 and 2021, provide clear justification for a court to order the Bureau to fix the 2021 undercount so Detroiters can get their fair share of federal funds," said Detroit's Corporation Counsel, Conrad Mallett.

Bureau has acknowledged undercount of Blacks & Hispanics nationally

The US Census Bureau has publicly acknowledged that the 2020 Census undercounted the nation's Black population by 3.30% and the Hispanic population by 4.99%. In Detroit, with a combined Black and Hispanic population of over 84%, that amounts to an undercount of over 20,000 Detroiters. Yet in its 2021 estimate of the City's population released in May 2022, rather than fix this admitted error, the Bureau reduced the population by an additional 7,150 people.

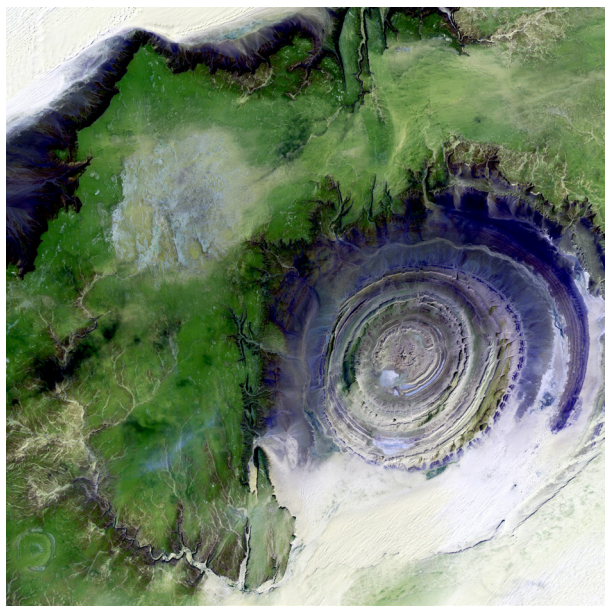
"Census undercounts have alarming real world consequences that deprive cities like Detroit of their fair and intended share of critical funding for schools, hospitals, affordable housing, and more," said U.S. Rep. Brenda L. Lawrence (MI-14). "If the census is not accurate, then the annual population numbers that guide hundreds of billions of dollars in federal aid to communities and families are not accurate either," Rep. Lawrence added. "Cities must have a meaningful way to challenge their annual estimates. That is why as Vice-Chair of the House Appropriations Committee, I successfully advanced language related to the Census Bureau's funding bill for the upcoming fiscal year that directs the bureau to expand the scope of the Population Estimates Challenge Program so that cities across the country have a real chance to improve the accuracy of their annual numbers. I thank Mayor Duggan for his leadership and efforts to find a remedy to the undercount. We are Detroit and we do not sit on the sidelines. We will stand up and fight."

SPECIAL, WORLD'S CULTURES

Māori creation myth

Māori creation myth

They say and repeat that hope dies at last, I hope so. In recent days, both in the Pacific and in the Caribbean, hurricanes hit the coasts, and in the case of the Antilles, their passage was devastating, leaving Puerto Rico in a deplorable situation of humanitarian emergency. Unfortunately, the help has not been enough, but rather negligent. And although supposed to be prepared in a fraction of our consciousness, this does not imply that our capacity of response will sufficiently foresees future damages and effects, as well as human losses.



Thus, this 2022 nature has reminded that it governs us above all, it is invincible, full of splendor, beauty and strength. Nature communicates it power through effects. Some people say that it's the climate change, others the changes of the earth and its natural cycles. I remember the Maori, and I think that hurricanes, tremors and natural disasters around the globe are the memory of the gods that were separated and long to embrace in eternal love again.

The Maori myth about the creation of the universe and the earth tells that when everything was shadows, there was no up or down, everything was empty. There, where nothing existed, two gods emerged Ranginui, god of the sky, and Papatuanuku, goddess of the earth, when they looked at each other and knew they were the only beings in the universe, they fell under the spell of an intense infatuation that led them to an impetuous marital embrace. The god of the sky felt modesty, and dedicated himself to the creation of creatures that would cover the nakedness of the goddess of the earth.

The embrace that united them was a source of life, creation; this is how Papatuanuku became pregnant and had her six children: Tawhiri, god of the weather; Rongo, god of plants and crops; Tu, god of war and humanity; Tangaroa, god of the sea; Tane, god of the woods; and Haumia, god of wild animals.

At birth the six children found themselves contained by the embrace of their parents. The six children did not have enough space to grow between their parents, they lived cramped in complete darkness, they crawled with the desire to move, and each moment their frustration grew more.

The siblings got together to decide what to do against their parents to separate them, but Tawhiri was unhappy and refused to cooperate. Then the others began their attempts to separate them, and so Tongo, Tangaroa and Haumia failed in their attempts. So, Tane along with Tu joined, pushed with their arms and legs while their parents mourned the separation.

This is how the siblings managed to see the light for the first time, and once on the earth, dispersed over to birth their descendants and creatures. Range led plants for food, planting and harvesting; Tangaroa created the seas with his creatures, fish, corals, algae, colorful reefs; Tane raised the forests with his birds that roamed all the worlds. Haumia created the wild land animals, the mammals, all to occupy and fill the earth with life. Tu, create the human beings. That was how everything came to life.

Looking at her mother in the distance, they realized that Papatuanuku was pregnant, and that this last child had not managed to be born, staying in her womb with the warmth and longing to look at the light and know the life on earth

The days passed and both Ranginui and Papatuanuku lamented being apart, Ranginui, being in heaven, shed her tears of soft rain to at least touch in the distance and caress her beloved earth goddess. Papatuanuku, in response exhaled mist that she reached the heavens and that is why the cycles of water come and go from heaven to earth and vice versa as a correspondence of two separated lovers.

Tawhiri, who was also in the sky with his father Ranginui, as he was the weather god, listened to his father's cry; and he swore to take revenge on his siblings, never give in, nor have mercy. He would attack them incessantly with storms, hurricanes, siphons, the four winds, lightning and thunder. And so, while it seemed that the seas and land were calm, Tawhiri hit the seas with a storm, frightening the creatures, who came out of the water in a panic to take refuge on land, and from here came the first lizards. Then with lightning and thunder he lashed and set fire to the plants and forests killing all kind of creatures. He flooded the land with storms scaring all the animals and filled the land with chaos and fear.

The siblings were sorry and wanted to undo the damage to their parents, they feared the constant anger of Tawhiri. Tu, the god of war and humans, when facing Tawhiri's anger did not give in, hid in shelters, despite the fear it caused him, he did not give in no matter how much Tawhiri showed his lack of mercy. Until he tired him out, and Tawhiri went to rest, letting the land have some peace.

When the thunders and storms ceased, Tu was very upset by the attitude of his siblings, so he attacked the creatures building cages for birds, making spears and chains for land animals, axes and tools to throw the forests, nets and baskets to catch the fish. Tu wanted to show who was the fiercest and who his siblings should be afraid of.

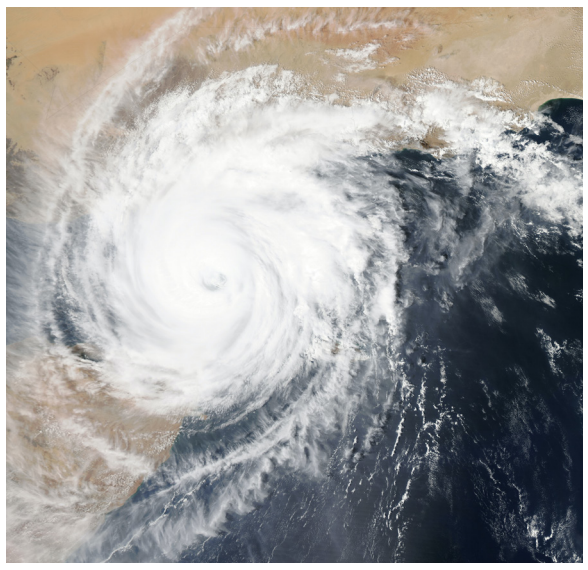
However, the younger brother who remained in the womb of Papatuanuku, each and every other time he longs for the light, making the earth vibrate in his longing for being born.

Diles que lo viste en EL CENTRAL
Tell them you saw it in EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Mito de la creación Maorí

Mito de la creación Maorí



Así, este 2022 la naturaleza nos recuerda que nos gobierna por encima de todo, es invencible, llena de esplendor, belleza, fuerza y poder. La naturaleza muestra sus transformaciones, algunos dicen a causa del cambio climático, otros a sus ciclos naturales. Yo recuerdo a los maorís, y pienso que los huracanes, temblores y desastres naturales alrededor del globo son la memoria de los dioses que se añoran, desean unirse una vez más.

tuvo a sus seis de sus hijos: Tawhiri, dios del clima; Rongo, dios de las plantas y las cosechas; Tu, dios de la guerra y la humanidad; Tangaroa, dios del mar; Tane, dios de los bosques; y Haumia, dios de los animales salvajes.

Al nacer los seis hijos se encontraron contenidos por el abrazo de sus padres. Los seis hijos no tenían espacio suficiente para crecer entre sus padres, vivían apretujados en la completa oscuridad, se arrastraban con deseos de moverse, y cada momento su frustración crecía más.

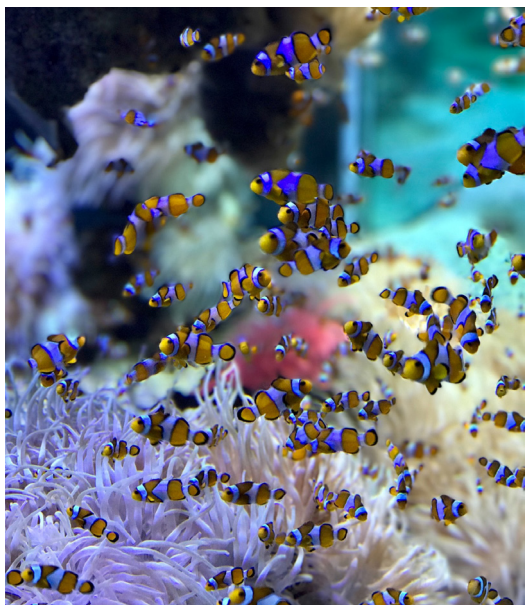
Los hermanos se juntaron para decidir qué hacer contra de sus padres y separarles, pero Tawhiri con desagradó no estuvo conforme y se negó a cooperar. Entonces los demás comenzaron con sus intentos de separarlos, y así Tongo, Tangaroa y Haumia fracasaron en sus intentos. Así que Tane junto con Tu se unieron, empujaron con sus brazos y piernas mientras sus padres lloraban el separo.

Así fue como los 6 hermanos lograron, por primera vez ver la luz, y se dispersaron por la tierra para llevar sus descendientes y criaturas. Rango llevó las plantas de alimentos, siembra y cosecha; Tangaroa

Dicen y repiten que la esperanza muere al último, ojalá que sí. En los días pasados tanto en el pacífico como en el caribe los huracanes azotaron las costas, y en el caso de las Antillas, su paso fue devastador, dejando a Puerto Rico en una deplorable situación de emergencia humanitaria. Lamentablemente, la ayuda no ha sido suficiente, sino más bien, negligente. Y aunque estemos preparados en una fracción de nuestra conciencia, esto no implica que nuestra capacidad de respuesta reduzca o prevea lo suficiente los daños y afectaciones venideras, así como las pérdidas humanas.

Cuenta el mito maorí sobre la creación del universo y la tierra que cuando todo eran penumbras, no había arriba ni abajo, todo era el vacío. Allí, donde nada existía surgieron dos dioses Ranginui, dios del cielo, y Papatuanuku, diosa de la tierra, al mirarse y saberse únicos seres en el universo cayeron bajo el hechizo de un intenso enamoramiento que los llevó a un impetuoso abrazo marital.

El abrazo que les unía era una fuente de vida y creación; así fue como Papatuanuku quedó embarazada y



creó los mares con sus criaturas, peces, corales, algas, arrecifes llenos de colores; Tane alzó los bosques con sus aves que recorrían todos los mundos. Haumia, creó a los animales de tierra salvajes, los mamíferos, todos para que ocuparan y llenaran de vida la tierra. Así fue como todo se llenó de vida.

Al mirar en la distancia a la madre, se dieron cuenta que Papatuanuku se

encontraba embarazada, y que este último hijo no había logrado nacer quedándose en sus entrañas con el calor de su vientre, añorando también mirar la luz y conocer la tierra.

Los días pasaban y tanto Ranginui como Papatuanuku se lamentaban estar apartados, Ranginui, al estar en los cielos derramaba sus lágrimas de lluvia suave para con ello al menos tocar en la distancia y dar caricias a su amada diosa de la tierra. Papatuanuku, en respuesta exhalaba niebla que alcanzara los cielos y es por ello que los ciclos del agua van y vienen del cielo a la tierra y viceversa como una correspondencia de dos amantes separados.

Tawhiri que se encontraba también en el cielo al ser el dios del clima, escuchaba el llanto de su padre; y juró vengarse de sus hermanos, nunca ceder, ni tener clemencia, pues los atacaría incesantemente con tormentas, huracanes, sifones, los cuatro vientos, rayos y truenos. Y así, mientras que parecía que en los mares y la tierra reinaba la calma, Tawhiri azotó con una tempestad los mares asustando a las criaturas, quienes salieron apabulladas del agua para refugiarse en la tierra, y de aquí vinieron los primeros lagartos. Luego con rayos y truenos azotó e incendió las plantas y bosques acabando con criaturas de viento. Inundó la tierra con tormentas asustando a todos los animales y llenó la tierra de caos y temor.

Los hermanos se arrepentían y quería deshacer el daño a los padres, temían la ira constante de Tawhiri. Tu, el dios de la guerra y de los humanos, al enfrentar la ira de Tawhiri no cedió, se escondió en refugios y construyó otros, a pesar del temor que le causaba no cedía por más que Tawhiri mostrara su falta de piedad. Hasta que lo cansó, y Tawhiri se fue a descansar dejando que la tierra tuviera un poco de paz.

Cuando cesaron las tormentas y tempestades, Tu, dios de la guerra se encontraba muy molesto por la actitud de sus hermanos, así que arremetió contra las criaturas creando jaulas para las aves, lanzas y cadenas para los animales de tierra, hachas y herramientas para tirar los bosques, redes y canastos para capturar las aves. Tu quería mostrar quién era el más fiero y a quién debían de temer sus hermanos.

Sin embargo, el hermano menor que quedó en el vientre de Papatuanuku, cada y cuando añora la luz haciendo la tierra vibrar en sus añoranzas por nacer.

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ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Lt. Governor Garlin Gilchrist II Joins Latino Caucus for Legislative Latino Day

Annual Event Celebrates Hispanic Heritage Month

LANSING, Mich. On Sept 22, Lt. Governor Garlin Gilchrist II joined The Michigan Legislative Latino Caucus (MLLC) and the Hispanic/Latino Commission of Michigan for Latino Legislative Day at the Michigan State Capitol. It was a day of advocacy, including Latino and Hispanic groups championing the important work organizations do throughout the state.

Latino Legislative Day was created as an opportunity for Latino leaders to share ways they serve communities and to discuss how legislators can aid in their work. The agenda included an award ceremony, speeches from elected officials, meetings and training on effective legislative advocacy with member offices, policy discussions, and presentations from statewide partnering groups. Legislators had the opportunity to highlight how Latino leaders across the state have found impactful and personal ways to serve their community and offer them a platform to reach lawmakers.

Speakers at the event included members of the MLLC, state Reps. Mary Cavanagh (D-Redford Twp.), Darrin Camilleri (D-Trenton), Alex Garza (D-Taylor), and state Sen. Erika Geiss (D-Taylor); Lt. Gov. Garlin Gilchrist II; and Latino and Hispanic leaders from across the state.

"Hispanic Heritage Month is an opportunity to honor the Hispanic and Latino Michiganders who whose vibrant culture and valuable contributions make Michigan a great place to live, start a business and raise a family," said Lt. Governor Gilchrist. "Today I met with leaders from communities across the state to discuss what Governor Whitmer and I are doing to uplift grow our economy, create good-paying jobs, and bring investment to every region of our state. We will work with anyone and compete with everyone to make Michigan a home of opportunity for all."

"It was a great privilege to work with the Michigan Legislative Latino Caucus and the Hispanic/Latino Commission of Michigan to help host this event — it was very successful," Rep. Cavanagh said. "I was especially grateful to hear from Latinx leaders from all over Michigan about the ways they foster and support our communities. I also appreciated hearing how we as legislators can better support their advocacy efforts; my dedication to this cause is unwavering. Our Latinx residents are a valuable part of what makes Michigan special and strong. Though Hispanic Heritage month is only a few weeks long, I know we all will be celebrating our culture every day of the year."

The Michigan Latino Legislative Caucus is a bicameral caucus of legislators dedicated to promoting legislative initiatives for the betterment of Michigan's Latino community, including economic development, healthcare, education, civic engagement and civil rights. Reps. Cavanagh and Camilleri serve as chair and vice-chair, respectively. Sen. Geiss serves as secretary, and Rep. Garza serves as treasurer.

"I congratulate those we recognized in this year's Legislative Latino Day for their achievements. Their commitment to building a strong, inclusive Michigan is remarkable, and I thank them for their hard work to make Michigan a better place for not just those in the Latinx and Hispanic communities, but for all," said Sen. Geiss.

"I am very happy I had the opportunity to celebrate the start of Hispanic Heritage Month with the Michigan Legislative Latino Caucus, the Hispanic/Latino Commission of Michigan and community advocates at this event," said Rep. Garza. "As the first person of color elected to local office in Taylor's history, and as one of the youngest Latinos serving in the state Legislature, it was wonderful to hear from everyone, as well as celebrate many of the achievements of our community — what an inspiration to us all."

Hispanic Heritage Month, celebrated throughout the latter half of September and the first half of October began as a way to promote the history, culture, and contributions of Hispanic-Americans — specifically, those whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. Communities mark the achievements of Hispanic and Latino Americans with festivals and educational activities.

Between 2010 and 2020, Michigan's Hispanic population increased in 81 of 83 counties, according to the U.S. Census Bureau. As of 2020, the number of Hispanics in Michigan reached 564,422, equaling 5.6% of our state's population. Significant Hispanic population concentrations are in major urban counties along the Grand Rapids and Detroit corridor.

During Hispanic Heritage Month, Michigan recognizes and celebrates the contributions of Hispanic and Latinos in Michigan and the United States. View the Hispanic Heritage Month proclamation and learn more about the Hispanic Latino Commission of Michigan.

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La Siguiente Pandemia

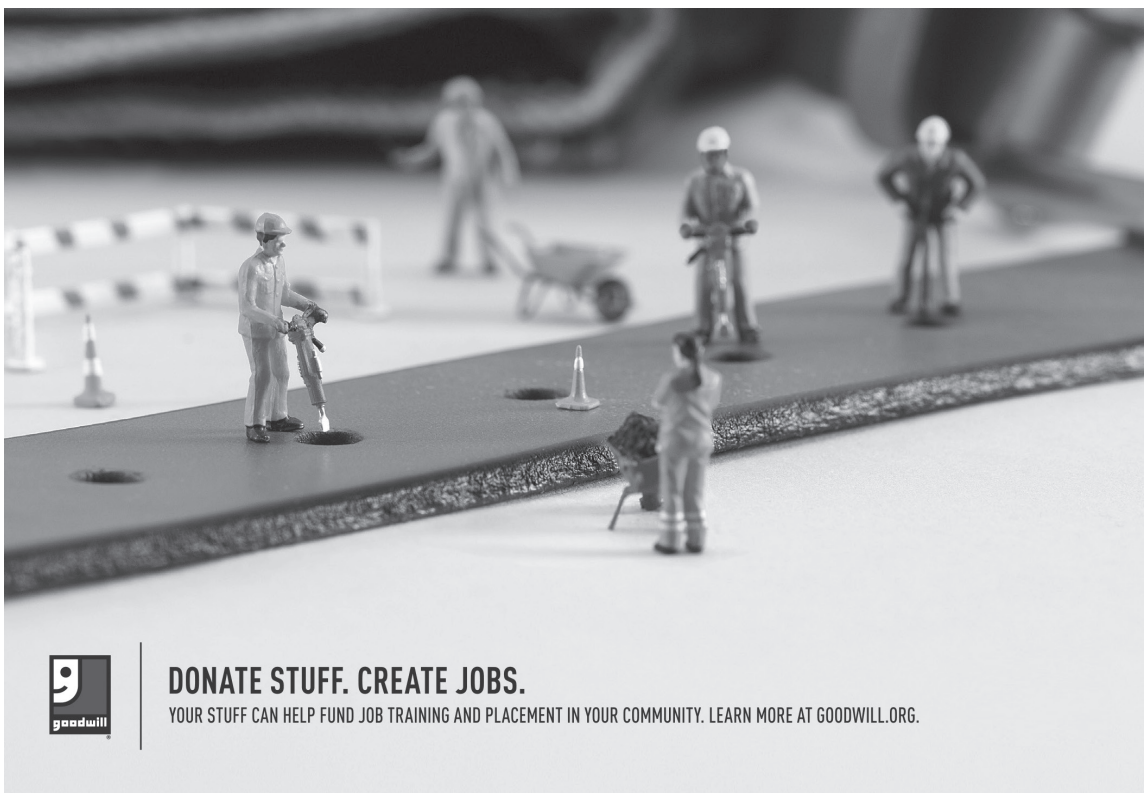
Con't de pg. 1

El reporte concluye en ese sentido que es imperativo construir sistemas de salud resilientes y sostenibles en toda la región, para reducir la inequidad y garantizar la salud universal, como una herramienta para abordar las emergencias de salud pública actuales y futuras.

Porque si bien la mayoría de los países de la región buscaron una respuesta integral a la pandemia, uno de los mayores desafíos fue coordinar la respuesta en un contexto de alta fragmentación a nivel de gobierno y falta de recursos críticos en el sistema de salud.

Así que las preguntas obligadas para todos quienes toman decisiones parecen ser obvias: ¿Estamos mejor preparados para la siguiente pandemia? ¿Cuáles fueron las lecciones aprendidas? ¿Qué ajustes deberemos hacer a las políticas de salud públicas para remediar la inequidad? ¿Se están haciendo las suficientes inversiones?

De la respuesta a esas preguntas dependerá en gran medida que la siguiente pandemia, que parece un suceso inevitable, no tenga las mismas consecuencias devastadoras que la actual pandemia de COVID. Y estar mejor preparados es una tarea de todos.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Southwest Detroit Restaurant Week Is Here!

Southwest Detroit Restaurant Week (SWDRW) is back for its third year, following a pandemic pause. This year's event will run from Friday, September 30th through Sunday, October 9th. The 10-day event will occur during Hispanic Heritage Month and will feature 21 participating restaurants. Each restaurant will feature an exclusive dish that will showcase its chefs' and owners' Latin and culinary roots, ranging from traditional items like Mole Poblano to a more modern and fusion style of food, such as Chicken and Waffles.

This year will be different from previous years by featuring an inaugural Food Truck Rally at Batch Brewing Company on Monday, Oct. 3rd from 4 p.m. - 10 p.m. Beer will be sold by Batch Brewing Co, and non-alcoholic drinks by Cafecito Alvarez as well as each of the food trucks. DJ Coco will be playing music for the night. Sponsored by the National Kidney Foundation of Michigan's REACH Program, the Wayne Health Mobile Unit will be providing health screenings, and flu and booster shots, as available, between 4 p.m. - 7 p.m.

Menu prices will vary by restaurant, with some only accepting cash payments. More information is available at swdetroitrestaurantweek.com/about-2022/

The event began as a promotional opportunity but has become a social and educational tool to increase awareness of the vast diversity of nationalities in the city of Detroit and expand on the cultural access among the city's ethnic groups. Among the 21 restaurants participating in the event representing 6 nationalities (El Salvador, Dominican Republic, Honduras, Venezuela and Mexico) as well as 6 regions of Mexico. A number of restaurants' are actively preparing halal and/or vegan options. A complete list of participating restaurants is provided below.

SW Detroit RESTAURANT WEEK

Chicken and Waffles, El Rey de Las Arepas

Alambres, La Terraza

Guisadillas, El Rancho

Empanadas de plátano y fritos de elote, La Cuscatleca

Molcajete, El Nacimiento

Mole Verde, El Palenque

Aguachiles, La Jalisciense

Food photos courtesy of: Featherstone

List of Participating Food Trucks and Restaurants

Restaurants Participating During The 10-Day Event

- Armando's Mexican Restaurant - TBD
- Asty Time - Albóndigas a la criolla arroz con guandules
- El Asador Steakhouse - Tacos dorados de camaron
- El Barzon Restaurante - Camarones al mojo de ajo
- El Palenque Restaurant - Mole verde
- El Rancho Restaurant - Guisadillas
- El Rey de a las Arepas - Chicken and waffles
- La Jalisciense - Aguachiles
- La Cuscatleca - Empanadas de plátano y fritos de elote
- La Palapa del Parian - Pozole verde de pollo
- La Posada - Pozole verde
- La Rosita - Breakfast dish: Chilaquiles; Dinner: Mole
- La Terraza - Alambres
- Las Palmas - Flautas
- Los Altos Restaurant - Chiles Rellenos
- Los Galanes - Enchiladas
- Mariscos El Salpicón - Jesse's Platter
- Mi Lindo San Blas - TBD
- Taqueria El Nacimiento - Molcajete estilo Guadalajara
- Taqueria Lupitas - Mole Poblano
- Taqueria Mi Pueblo - Mole Poblano

Food Trucks Featured At Batch Brewing Company

- Antojitos Southwest
- Cafecito Alvarez
- Camino Real
- El Parian (Vernor + Ferdinand)
- El Taquito Taco Truck
- Los Dos Amigos
- Los Dos Carnales
- Papelon
- Taco Fiesta
- Taco Veloz
- Tacos del Barrio and the Real Boss
- Tacos El Caballo
- Taqueria El Rey

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HISPANIC HERITAGE MONTH

FREC City Saturday Kicks Off Hispanic Heritage Month

More than 400 people visited the Ford Resource and Engagement Center (FREC) and Mercado in Mexicantown on Saturday, September 16 to celebrate the beginning of Hispanic Heritage Month. The afternoon festivities featured live music, dancing by the Motor City Street Dance Academy, food trucks and Detroit Circus Performers. The event was sponsored by the Ford Motor Company Fund.

FREC HHM Chair Juggler

FREC HHM Dancers

FREC HHM MCSDA Dancer

FREC HHM Folkloric Dancers

Biden Joins the Hispanic Caucus to Celebrate Hispanic Heritage Month

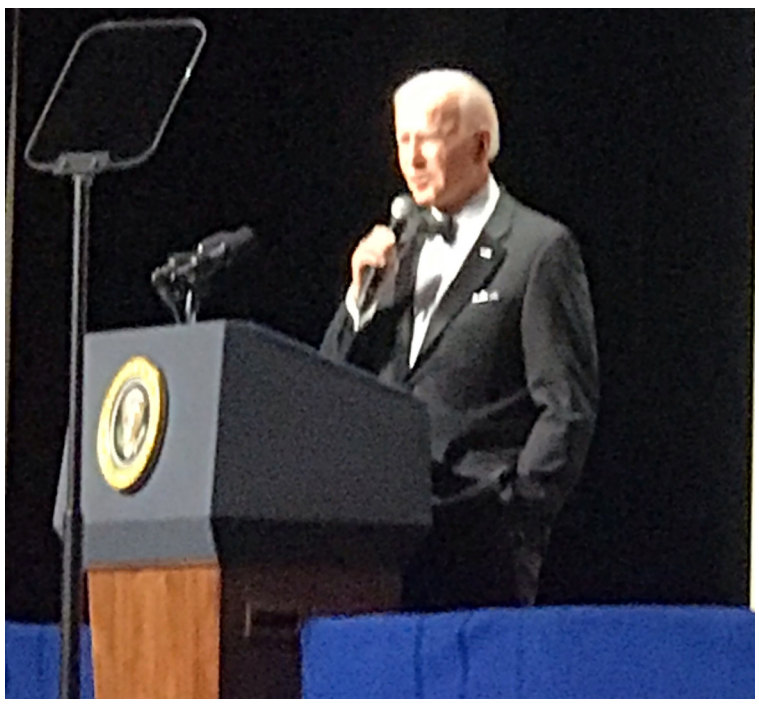
President Joe Biden was the keynote speaker at the 45th Annual Awards Gala of the U.S. Hispanic Caucus on Sept 15th to kick off Hispanic Heritage Month in Washington D.C. Detroiters in the audience included, Eva Garza Dewaelsche, President and CEO of SER Metro-Detroit, Jane C Garcia, Vice Chair of LA SED, and Ignacio Salazar, President and CEO of SER National.

The occasion offers guests the opportunity to meet with their congressional representatives as well as other advocacy groups across the country.

Currently, there are 47 members of the 116th United States Congress who are Latino or Hispanic Americans. 40 of these members are Representatives in the United States House of Representatives, 4 of them are members of the United States Senate, and the final 3 members are territorial delegates.

Amy Hinojosa, president and CEO of National MANA (center) with Eva Garza Dewaelsche (L) and Jane C Garcia (R)

From left, Eva Garza Dewaelsche, Ileana Martinez, Ignacio Salazar and Jane C Garcia



President Joe Biden speaking at the 45th Annual Awards Gala of the U.S. Hispanic Caucus

U.S. Congressman Jesse Chuy Garcia of Chicago, IL (center) is greeted by Jane C Garcia (L) and Eva Garza Dewaelsche (R)

¡El presidente Biden y los demócratas están trabajando muy duro por nuestras familias!

Gracias a ellos los costos diarios están bajando.

Los logros de la administración Biden-Harris para los latinos son muchos:

- El nivel de desempleo entre los hispanos tocó su mínimo histórico
- Ahora los latinos tienen más acceso que nunca a tener un seguro médico
- Los latinos están abriendo nuevos pequeños negocios al ritmo más rápido en la última década
- Gracias al perdón federal a la deuda estudiantil del presidente Biden, la mitad de los prestatarios latinos verá su deuda cancelada por completo

Mientras tanto los republicanos extremistas no tienen ningún plan para ayudarnos, ellos votaron en contra de medidas para reducir los costos e incluso están tratando de atacar nuestras libertades y hasta nuestros derechos reproductivos. ¡No lo podemos permitir!

La elección es clara, los demócratas luchan incansablemente para proteger a nuestros niños, gracias a ellos se aprobó la mayor reforma de seguridad en el uso de armas de fuego en décadas.

¡Este noviembre los latinos vamos hacia adelante con los demócratas, el partido que lucha por nosotros!

Para más información visita:
DEMOCRATS.ORG/ES/

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Sports Editor: Dan Graschuck/ EL CENTRAL

Detroit Pistons Starting Preseason !!!

This past Monday, the Detroit Pistons held their media day, in preparation of the 2022-2023 season, at Little Caesars Arena. The Detroit Pistons are holding a open Practice at Little Caesars Arena, this Sunday, October 2nd, at 11:00 am (doors open at 10:00 am). The Detroit Pistons begin preseason on Tuesday, October 4th, visiting the New York Knicks, in New York. The Detroit Pistons begin the regualr season, at Little Caesars Arena, on Wednesday, October 19th, hosting the Orlando Magic at 7:00 pm.

Photos below are highlights from the Detroit Pistons media day

Photos by: Dan Graschuck/ EL CENTRAL

Detroit Pistons G #2 Cade Cunningham

Detroit Pistons C #0 Jalen Duren

Detroit Pistons G #6 Hamidou Diallo

Detroit Pistons C #28 Isaiah Stewart

Detroit Pistons F #12 Isaiah Livers

Detroit Pistons G #7 Killian Hayes

Detroit Pistons G/F #41 Saddiq Bey

Detroit Pistons G #23 Jaden Ivey

Detroit Pistons head coach Dwane Casey

Detroit Pistons GM Troy Weaver

Don't miss your opportunity to see the 2022-23 Pistons roster in action featuring 2022 #5 overall pick Jaden Ivey and 2021 #1 overall pick Cade Cunningham on Sunday, October 2 at 10 AM! Plus, enjoy appearances from Pistons Entertainment teams and Hooper. Concessions will be available for purchase and the first 1,500 fans that arrive will receive a Pistons giveaway item.

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Pateando la No. 5

Opportunity Lost

David Levine
EL CENTRAL

Following a big home win against the Tampa Bay Rowdies, Detroit City FC faced a crucial pair of games. Needing to win against two teams already eliminated from the playoffs in order to push for a home game to open the postseason, Le Rouge ended up red-faced. Two more draws keep the team in second place in the USL Championship for ties. Two points instead of six also keeps the team in sixth place in the Eastern Conference. That reduces the chances of a playoff game at Keyworth to very little.

City made a midweek trip to New Jersey to face the New York Red Bulls II, reserves of the MLS side. They will be moving over to the MLS Next reserve league next year, so it was City's one and only away game with them. The Red Bulls reserves are last in the league, worst record. They have been terrible all season. However, they managed to hold a lethargic City team to no shots on goal for the entire game. Keeping a clean sheet required little of Nate Steinwascher either. This game was a slog in midfield with very few chances to attempt a shot, let alone score. It was City's game in hand on all the teams closest to them in the table and they wasted it.

Having seen one opportunity to make up ground in the Eastern Conference slip away, City repeated the feat last Saturday at Keyworth against FC Tulsa. The visitors are the best of the non-playoff teams in the East and beat City 3-1 on the baseball field that serves as their home stadium in Oklahoma. The poor result in midweek stung Le Rouge into action. They looked more energized in the first half. They actually created a number of decent chances, the best of which went through Scottish defender Richard Foster on the right flank.

With Deklan Wynne Down Under playing for New Zealand, Rhys Williams switched to the left side and Foster came in on the right. The wily veteran took a little bit to settle into the game, but then provided a steady stream of crosses and effective contributions to the City attack. Still, Foster missed the first good chance for a shot when Williams' cross found him unmarked in front of goal. The ball bounced at a awkward height and he volleyed over. Later, Williams missed the best chance of the half when Foster found him alone in front goal. Williams didn't make firm enough contact and Tulsa goalkeeper Austin Wormell dove across to save. Steinwascher provided his usual spectacular moment of the match, racing out to smother a shot after the defense failed to clear. Yazeed Matthews had a goal called back for offside and the teams went' into halftime at 0-0.

Trevor James is normally slow to change things during a game, but he hauled off the physically overmatched and yellow carded Cy Goddard at the break in favor of Brad Dunwell in midfield. The change boosted City. They came out with greater purpose and higher tempo to start the second half. Less than two minutes in they opened the scoring when Matthews bundled in another dangerous ball from the enterprising Foster. Unusually, City kept up the intensity, looking for a second goal rather than sitting on the slender lead. It wouldn't come, but the game turned during a three minute period midway through the half.

City looked good value for their 1-0 lead, but got caught with too many players forward and a huge gap between five players forward and five players still in the last line of defense. Tulsa seized the opening and Dario Suarez equalized. Steinwascher got a big piece of the ball, but couldn't prevent it from going in. That shocked the home crowd and the team. Everyone seemed to lose focus and two minutes later City found themselves behind when Eric Bird controlled a lovely chipped pass and beat Steinwascher cleanly from a tough angle.

Going behind snapped City out of their slumber and they forced a corner. Antoine Hoppenot served the ball and Michael Bryant, the utility man who will do any job the coaches give him, rose unmarked to flick a superb header inside the far post. 2-2 looked like a fair result based on the run of play. Both teams looked for a winner, but neither could produce one. This tie will hurt City as much as any other given that PIttsburgh and Miami also drew. All three teams will look at that and wonder what could have been with two more points. City dropped four this week and that will be the difference between a home game and making a first round trip to a very tough venue.

Detroit City FC Draw Against FC Tulsa !!!

This past weekend, Detroit City FC drew agaisnt, FC Tulsa, 2-2, at Keyworth Stadium, in Hamtramck. Detroit City FC, travel to Segra Field, in Leesburg, Virginia, to take on Loudoun United FC, this Saturday, October 1st, at 6:30 pm (ESPN+). Detroit City FC, then travel to, Lynn Family Stadium, in Louisville, KY, to take on Louisville City FC, on Wednesday, October 6th, at 7:30 pm (WMYD TV20 Detroit), before returning to Keyworth Stadium, in Hamtramck, MI, on Saturday, October 15th, for their final game of the regular season, to host Miami FC at 4:00 pm (WMYD TV20 Detroit).

Photos below are highlights from Detroit City FC vs. FC Tulsa

Photos provided by Detroit City FC (photographer Jon DeBoer)

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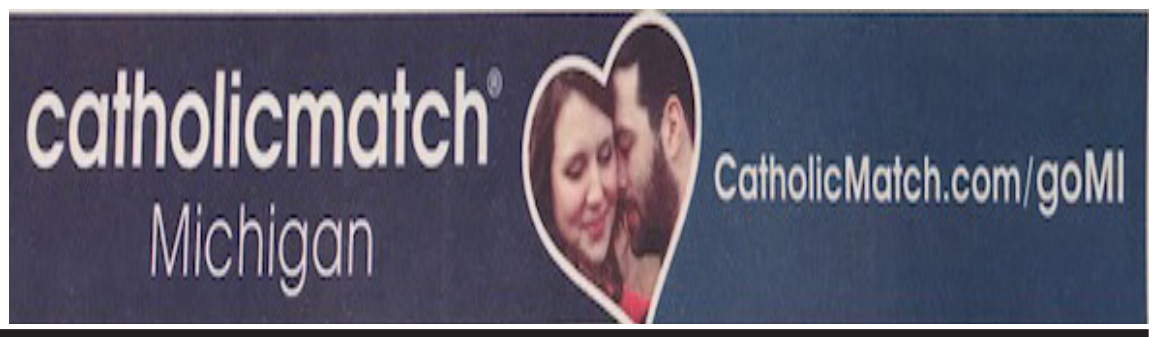

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EDITORIAL OPINION

"Political Equity is Not Bayonets"

By Raoul Lowery Contreras

As this is being written, Russian soldiers are knocking on doors in Ukrainian territory that borders Russia implementing Vladimir Putin's latest move in his war on Ukraine -- annexation to Mother Russia.

The soldiers are telling Ukrainians to vote to become Russians. They do so at gunpoint.

This is going on in four Ukrainian provinces that adjoin Russia and were occupied by Russian troops last February when Putin unleashed an ersatz Blitzkrieg designed to conquer Ukraine in an attack that has failed miserably.

This Putin political and military-directed "referendum" by Russian soldiers and their AK-47s is not new.

Putin has used and is using this technique in the Republic of Georgia territory occupied by Russians and was used in the Crimea in 2014 after Russian troops invaded that Ukrainian province.

The referendum has been refined as a political tool by the people to get "public approval" of policies and acts that do not stand on their own. The results are backed by bayonets. The vote in the Crimea to annex itself to Russia was "97%" in favor.

The Putin referendum "technique" is not confined to territory adjacent to Russia.

Mexican President Andres Manuel Lopez Obrador (AMLO) is a profuse admirer of the Putin/Russian referendum method of "governing."

After winning the Mexican Presidency in 2018 but before he became President on December 1, 2018, AMLO ordered a private firm to stage a referendum aimed at closing down construction on the $13 billion dollar Mexico City airport that was half finished. This was before he was sworn in as president.

A tiny percentage of Mexicans voted to shut down construction. Cost: Over seven billion dollars - an amount growing through lawsuits.

In 2020, AMLO's referendum technique was exercised in Baja California's million-person state capital city of Mexicali.

Subject: Should a mostly completed brewery owned by an American company, Consolidated Brands, be allowed to open with 1000 well-paid jobs? $900 million dollars had already been invested on construction.

A tiny number of people voted -- 37,000 -- with 76% voting to shut down the brewery.

A few weeks ago, Consolidated Brands announced that they would build a new brewery in the state of Tabasco on the Gulf coast south and east of Mexico City. By sheer coincidence, President Lopez Obrador is from Tabasco.

Is AMLO's Mexico the only Russian-loving country with phony elections?

No. Cuba, Venezuela and Nicaragua are other "American" entities that use sham "referendums" and "elections" to implement otherwise autocratic/dictatorial governance.

Despite its perfection in Russia, the referendum modus operandi did not originate there.

It started in the Soviet Republic of Armenia. It started first under Soviet leader Joseph Stalin who ordered Azerbaijanis to be expelled from Armenia proper. It intensified in 1988 when Soviet Armenia began pressuring Moscow to recognize Azerbaijan's Nagorno-Karabakh region as Armenian.

Wholesale expulsions of Armenia's largest minority - Azerbaijanies - occurred in 1948 then restarted in 1988. Any objective timeline reveals that Armenian claims that expulsions started as a result of anti-Armenian riots in Soviet-run Azerbaijan's Sumgait city in 1989 are not supported by an accurate timeline and history.

Expulsions started in Armenian-majority Nagorno-Karabakh in 1989. All but a few Azerbaijanis were expelled from the Karabakh. When the expulsions by gunpoint ended, Armenians native to the Karabakh conducted a -- guess what -- a"referendum" that resulted in a claim of self-determination, desire to become part of Armenia proper and/or to be recognized as an independent Republic. No country in the world recognizes the alleged "republic" that was formed after the referendum.

Is forced ethnic cleansing of Nagorno-Karabakh's Azerbaijanis more or less criminal than simply pointing a rifle at a Ukrainian ordered to vote to insure a vote for Russia?

Ethnic cleansing by Armenians of their largest minority in-country and in Azerbaijan national territory they forcibly conquered led to a "referendum" that cast a shadow of legitimacy over it and its champions.

Russia learned from the Armenian experience. Is it any wonder that Russia's Ukraine invasion has Armenia's total support?

We conclude, with certainty, that Armenians support the "referendum" on Ukrainian territory that approves annexation to Mother Russia. After all, they are experts at such sham events; they invented them.

Opinions in this Article are not necessarily those of the Publisher or Editor

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Salud/*Health*

7 Tips for Finding a Medicare Plan That Works for You

(StatePoint) Feeling overwhelmed by your Medicare options? There's a good reason for that. With more than 3,000 Medicare Advantage plans, over 700 Part D Prescription Plans available and an array of carriers offering Medicare Supplement plans, there's a lot to consider.

"Whether this is your first time enrolling in Medicare or you've been through the process before, it's easy to get confused by the big picture, not to mention all the details," says Ryan Kocher, Medicare growth officer at Cigna.

This Medicare Annual Election Period (AEP), Kocher is demystifying the enrollment process by sharing the same tips he offers to his own friends and family members:

1. Don't wait. Understanding Medicare can protect your health and finances in the years to come. If you are transitioning from a commercial plan, work with an expert with your company's insurance plan to avoid gaps in coverage as well as late penalties.

2. Nail down the basics. There are many different plan types. Here's a breakdown:

• Original Medicare, offered through the U.S. government, includes all providers who agree to participate in the program.

• Medicare Supplement plans are plans offered by many private insurers that complement Original Medicare. For an additional premium, these plans cover costs such as copays and coinsurance not covered by Original Medicare. There are a number of standardized options available.

• Standalone Prescription Drug Plans, offered by private insurers for a monthly premium, provide drug coverage not covered by Original Medicare or Medicare Supplement.

• Medicare Advantage (MA) plans cover everything covered by Original Medicare, and most also include dental, vision and hearing benefits. They often include prescription drug coverage, and other extras like over-the-counter drugs, transportation to doctor's visits and pharmacies, and fitness plans. MA plans are often available at no extra cost.

3. Review your plan annually. During the AEP (October 15-December 7), it's important to review your current Medicare plan, even if you like it. This is because plan details are subject to change every year. Review the Annual Notice of Changes, which is mailed to you by your insurer each September. This document spells out plan changes for the upcoming year.

4. Compare all the costs. Be sure to factor in all the associated costs of a given plan, not just

the monthly premium. Out-of-pocket costs, such as co-pays and deductibles, should also be considered. Additionally, note the prices and rules around the prescription drugs you take.

5. Check network requirements. Before signing up for a particular plan, check to make sure that your favorite health care providers are in its network. While you may be able to go out of network for care, be prepared to pay more if you do.

6. Ask questions. Don't settle on a plan until you understand it. If you have questions, reach out to your broker, insurer, physician and even those friends and family members who have Medicare for help.

7. Use your plan. Now that you have a plan, make the most of its benefits. Schedule all the screenings, vaccines and other preventive health measures recommended by your doctor. Early intervention can help detect conditions early when they can be more effectively treated.

For more information about Medicare, visit Medicare.gov, Cigna's website at www.cignamedicare.com or the state health insurance assistance program in your area.

"Don't be daunted by the Medicare enrollment process. Being a careful shopper can ensure you find a plan that accommodates your wallet and your well-being," says Kocher.

Análisis de sangre podría detectar cáncer antes de que aparezcan síntomas

Hasta 50 tipos de cáncer podrían detectarse con un simple análisis de sangre en población no diagnosticada y sin síntomas de la enfermedad, según una investigación presentada este domingo en el congreso de la Sociedad Europea de Oncología Médica (ESMO), que se celebra en París.

El estudio, coordinado por la oncóloga Deborah Schrag, se ha presentado como pionero en el diagnóstico temprano del cáncer a través de un test que detecta si hay presencia en la sangre de ADN tumoral circulante, derivado del tumor y presente en el torrente sanguíneo aún cuando no hay señales de la enfermedad en el paciente.

La investigación, realizada por oncólogos del Memorial Sloan Kettering Cancer Center (MSKCC) de Nueva York, basa sus resultados en un análisis de sangre realizado a 6.621 personas de más de 50 años que no habían sido diagnosticadas de cáncer ni tenían síntomas de la enfermedad.

De ellas, prácticamente el 99 % dio resultado negativo, es decir, estaba libres de la enfermedad, mientras que se detectaron señales de cáncer en el 1,4 %. Sin embargo, de ese 1,4 % solo en el 38 % el cáncer fue confirmado con un test positivo posterior.

Con estos resultados, los oncólogos entienden que la detección temprana del cáncer con un simple test de sangre abre una nueva era para descartar la presencia de la enfermedad y mejorar la mortalidad por cáncer y la morbilidad, no así la incidencia.

Sostienen que un 38% de positivos en aquellos pacientes con cáncer es un porcentaje "bueno" y un paso importante para la detección precoz con esta herramienta, mientras que el hecho de que el test sea capaz de detectar un 99% de negativos en pacientes libres de la enfermedad supone una "excelente" tasa y demuestra la capacidad del test en descartar el tumor.

Una vez que el test dio positivo se tardó, de media, menos de dos meses en confirmar el diagnóstico si tenían cáncer y

un poco más, en torno a los tres, si no lo tenían, principalmente porque los médicos optaron por hacer estudios de imagen y repetirlos una segunda vez meses más tarde.

Una desventaja de la prueba es que los falsos positivos pueden conducir a una serie de procedimientos invasivos para el paciente -como endoscopias o biopsias- pero pocos participantes lo requirieron.

Ello, dice la investigación, debería ayudar a disipar la preocupación de que estas pruebas podrían causar daño al generar procedimientos innecesarios a personas que se encuentran bien.

Además, los oncólogos participantes en la investigación subrayan la importancia de este tipo de test para el diagnóstico precoz en cánceres como el de páncreas, intestino delgado o de estómago, donde aún no existen otras opciones de cribado generalizadas.

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También es la razón por la que capacitamos a miles de periodistas locales en destrezas, recursos y herramientas digitales que les ayuden a trabajar de manera más eficiente, creativa y segura.

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BANK OF AMERICA

El primer paso es creer que sí se puede

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En la última década, más del 50% de los nuevos negocios han sido propiedad de minorías*. Por eso, Bank of America ha adoptado un enfoque líder e innovador en la industria para ayudar a impulsar el crecimiento al contribuir a fondos de capital centrados en la misión, instituciones financieras de desarrollo comunitario (CDFI) e instituciones de depósitos para minorías (MDI), que incluyen a ID Ventures y First Independence Bank.

Estos socios ayudan a mujeres y minorías que son dueños de negocios a comenzar y hacer crecer su empresa, generar empleo y mejorar la estabilidad financiera en comunidades locales de todo el país.

Sabemos que se necesita algo más que una buena idea para comenzar y mantener un negocio. Mis compañeros y yo aquí en Detroit queremos asegurarnos de que todos aquellos que creen que sí se puede tengan la oportunidad de lograr sus metas.

Matt Elliott
Presidente de Bank of America en Detroit

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